

Unit #1 Title: Educational Plans Are Important

Lesson Title: Goal-Makers Win the Game!

Lesson: 2 of 2

Grade Level: 5

Length of Lesson: 30 minutes

Missouri Comprehensive School Counseling Big Idea:

AD.6: Developing and monitoring personal plan of study.

Grade Level Expectation (GLE):

AD.6.A.05: Recognize the importance of an educational plan.

American School Counselor Association (ASCA) Mindsets and Behaviors:

Academic Development

Materials (include activity sheets and/ or supporting resources)

GOALS activity sheet
An indoors basketball goal
A basket ball
writing materials

Show Me Standards: Performance Goals (check one or more that apply and identify relevant process standards)

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|---|--|
| X | Goal 1: Gather, analyze and apply information and ideas 8. Organize data, information, and ideas into useful forms for analysis or presentation 10. Apply acquired information, ideas and skills to different contexts as students, workers, citizens, and consumers |
| X | Goal 2: Communicate effectively within and beyond the classroom 3. Exchange information, questions and ideas while recognizing the perspective of others |
| | Goal 3: Recognize and solve problems |
| | Goal 4: Make decisions and act as responsible members of society |

This lesson supports the development of skills in the following academic content areas.

| Academic Content Area(s) | Specific Skill(s) |
|---------------------------|---|
| X Communication Arts | 1. Speaking and writing standard English 4. Writing formally and informally 6. Participating in formal and informal presentations and discussions of issues and ideas |
| Mathematics | |
| Social Studies | |
| Science | |
| Health/Physical Education | |
| Fine Arts | |

Enduring Life Skill(s)

| | | | | | |
|---|--------------|---|--------------|--|-----------------|
| X | Perseverance | | Integrity | | Problem Solving |
| | Courage | | Compassion | | Tolerance |
| | Respect | X | Goal Setting | | |

Lesson Measurable Learning Objectives:

The student will identify three goals.

The student will identify one road block that could get in the way of accomplishing each goal.

The student will identify the first step toward each goal.

Lesson Formative Assessment (acceptable evidence):

Assessment should relate to the performance outcome for goals, objectives and GLE.

Assessment can be question answer, performance activity, etc.

Students will select long- and short-term goals in order to complete the “GOALS” activity sheet.

Lesson Preparation

Essential Questions: How can goals help me?

Engagement (Hook): Ask students to think of a game they would like to win. If a student chooses basketball, call this student to the front of the class and give this student three chances to make a goal. Call one or two more basketball fans to do the same. Introduce the terms *educational goals* and *opportunities*.

Procedures

| Instructor Procedures/Instructional Strategies: | Student Involvement/Instructional Activities: |
|--|--|
| <ol style="list-style-type: none"> 1. Counselor introduces/reviews the word <i>goal</i>. 2. Give examples of educational or academic goals. <p>(Short term):</p> <ul style="list-style-type: none"> • Finish all assignments on time. • Do my homework. • Prepare for a test. • Have all my supplies. <p>(Long term):</p> <ul style="list-style-type: none"> • Make the honor roll the next nine weeks. | <ol style="list-style-type: none"> 1. Students give examples of goals. 2. Students listen. |

| | |
|--|---|
| <ul style="list-style-type: none"> • Be promoted to the next grade. • Go to college or technical school. • Become a _____ (Favorite career). <p>3. Pass out the <i>Goals</i> worksheet. Give directions and have students complete the activity. (Collect the completed activity sheets. Tell students that the activity sheets will be returned the next week by their teacher who will do an extension activity.)</p> <p>4. Explain the word <i>opportunity</i>. Emphasize that, unless they are retained, this is their only opportunity to do well in 5th grade, and each day in school will be their only opportunity to do well in school that day. Suggest that doing their best in school each day is the first step towards achieving academic goals.</p> | <p>3. Students complete the worksheet.</p> <p>4. Students listen and participate.</p> |
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Teacher Follow-Up Activities

Teacher will review student activity sheets and have students orally share their written examples.

Counselor reflection notes (completed after the lesson)



GOALS

This is a goal... a basketball goal.



This is also a goal... the finish line.

There are other goals! Goals are worthwhile things you want to accomplish!!

1. Write a goal you want to reach in school this week. _____

What is the first step to make it happen? _____

What roadblocks can get in the way? _____

2. Write a goal that you want to accomplish by the end of the school year. _____

What is the first step to make it happen?

What roadblocks can get in the way?

3. Write a goal you want to reach when you become a teenager. _____

What roadblocks can get in the way? _____

I pledge to be loyal to my goals:

My Signature

Date

Grade